

GENERAL INFORMATION AND TERMS OF SUPPLY

1. This price-list supersedes all previous catalogues and prices.
2. The publication will be supplied subject to availability.
3. Prices are subject to change without notice.
4. Books will be dispatched in India by V. P. P. / Register Parcel only after conformation that it will be received.
5. All the prices quoted are net. Packing and postage will be charged extra.
6. M. O. should be drawn in favour of **YOGA-MĪMĀMSĀ**, Kaivalyadhama, Lonavla - 410 403, (Pune) INDIA or Draft in favour of "Yoga-Mīmāṃsā" payable in Lonavla. Bankers are SBI, Syndicate Bank, Canara Bank, BOB, BOM, Vijaya Bank.
7. We are not responsible for books / journals lost or damaged in transit.
8. Buyers from foreign countries must send the full amount which must include the packing and forwarding charges. As the postal rates are subject to revision, the total cost will be intimated to them after receiving their orders. The publication will be dispatched on receipt of the full amount in advance.
9. Discount on Books to Book-Seller - Library - 25%.
10. Payment can be made by Electronic Transfer in our Bank Accounts as below -
A) Syndicate Bank A/c No. 53262160000023 in favour of Yoga Mimamsa
B) State Bank of India A/c No. 10762401525 in favour of Kaivalyadhama Ashrama.



YOGA - MIMAMSA PUBLICATIONS
KAIVALYADHAMA, Swami Kuvalayananda Marg,
Lonavla, 410 403 (Pune), Maharashtra, INDIA
Tel. No. **Lonavla** : (02114) 273001, 273039
Mumbai : (022) 22818417, 22886256;
Bhopal : (0755) 428853; **Ahemadabad** : 079-26601338
U.S.A. : 001-708-209-2665; **France** : 0033-4-75764213
•E-mail : kdham@vsnl.com •Web Site : www.kdham.com

info@aceanpure.com



सोऽहम्

**YOGA-MĪMĀMSĀ
PUBLICATIONS**

(Regd. No. 11402/58)

KAIVALYADHAMA
YOGA FOR THE WORLD

K A I V A L Y A D H A M A

Training & Learning

ĀSANAS

(Eng. Guj., Urdu)
by Swami
Kavalayananda
A Pioneer scientific
work on description
of classical yogic
postures for physical
and mental development.
ISBN - 8189485040
Rs. 120/-, Urdu - Rs. 180/-



YOGĀSANA

(Hindi Translation
of the book Āsanās)
by Swami Kavalayananda
ISBN - 818948530-X
Rs. 100/-, Marathi - Rs. 180/-



PRĀṆĀYĀMA

(Eng., Guj. & Hindi)
by Swami
Kavalayananda
Authored by father
of scientific Yoga
containing
techniques of all
varieties of Prāṇāyāma described in
Yogic Tradition explained with
accurate scientific terminology and
illustrations. ISBN - 819028036-8
Eng. Rs. 200/-, Guj. Rs. 120/-
Hindi Rs. 100/-



ĀSANA WHY & HOW

(English, Gujarathi)
by
Shri O. P. Tiwari,
Secretary,
Kaivalyadhama
A practical handbook describing
classical yogic āsanās step by
step with illustrations
ISBN 8189485-36-9 (Vth Edition)
Rs. 125/-, Telgu - Rs. 100/-



Scientific Survey of the Yogic Poses

(Extract from
the book Asana
by Swami Kavalayananda)
ISBN 8189485202
Rs. 60/-



Essence of Prāṇāyāma

by
Dr. Shrikrishna
The book deals
with the relevant
information in a
composite manner,
essential for proper
understanding and practice of
pranayama. (Eng. Marathi)
ISBN 8190280317
Eng. Rs. 100/- Marathi Rs. 75/-



Notes on
Structure
and Functions of
the Human Body
and Effects of
Yogic Practices on it
by Dr. Shrikrishna
ISBN 81-902803-5-X
Rs. 60.00/-

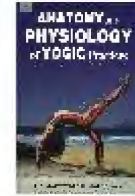


Yoga Modules
For Institutions of
Higher Learning
by G. S. Sahay & Subodh Tiwari
ISBN-89485-51-2
Rs. 130/-



Training & Learning

Anatomy &
Physiology
by Dr. Gore M. M.
Eng. Rs. 250/-



शरीर विज्ञान और योगाभ्यास
(हिन्दी, मराठी)
डॉ. एम. एम. गोरे
Hindi Rs. 160/- Marathi Rs. 125/-

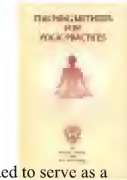


GĪTĀLOCANA
(English)
by Swami
Digambarji
A simplified yogic
understanding of
Bhagavadgītā
ISBN 81-902803-2-5
Rs. 20.00/-



Teaching Methods For Yogic Practices

(Eng. & Hindi)
by
Dr. M. L. Gharote
and
Dr. S. K. Ganguly
This book is intended to serve as a
guide for successful and efficient
teaching of Yoga practices.
ISBN 8189485245
Eng. & Hindi Rs. 60/-
(Under Print)



Notes on Prāṇāyāma
Compiled by Parmananda Aggarwal
Rs. 150/-



Notes on Śaṭkriyā
Compiled by Parmananda Aggarwal
Rs. 150/-

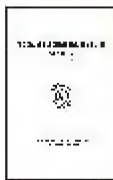


A Suggested Course On Yogic Practice - Folder

Folder for a person of
average health (English/Hindi)
Rs. 10/-



(Under Print)



Yoga And
Mental Health
(English & Hindi)
by Prof. R.S. Bhogal
Rs. 25/-

Yoga And
Modern Psychology
by Prof. R.S. Bhogal
Rs. 35/-



Yoga Applied
to Physical Education
(English & Hindi)
by M.L. Gharote
Rs. 30/-



(Under Print)

Applied yoga
by
Dr. M. L. Gharote
Brings out many
applied vista of
yoga. Beginners in yoga will have a
whole world view of yoga as applied
to life and living.
ISBN 81-89485-03-2
Rs. 200/-



Pātāñjala Yoga Sūtra

by
Dr. P. V.
Karambelkar
Re-explained in
English on Scientific
lines containing
Sanskrit Sutras with
transliteration, word meaning
and translation.
ISBN - 8189485172
Eng. Rs. 300/- Hindi Rs. 100/-



Pātāñjala
Yoga Darshan Booklet
(Sanskrit & Transliterated version)
Rs. 10/-



Haṭha Yoga Māñjarī

(English & Hindi)
It is a very important
& descriptive book
for Hathayoga. It is
full of interesting
experiences of
traditional Haṭha Yoga.
Sādhaka can get necessary information
about yoga practices in very simple
methods. Shri O. P. Tiwari made it very
practical.
ISBN - 81-89485-41-5
Eng. Rs. 50/- Hindi Rs. 50/-



AṢṬĀṄGA
YOGA
OF SAINT
CHARANDAS
(from Bhakti Sagar)
Simplified
traditional yoga
in Hindi
Dialect with
English translation
by Shri O. P. Tiwari,
Secretary, Kaivalyadhama
ISBN 8189485059
Rs. 150/-



The Five Great
Elements Rediscovered
by Swami Nityamuktananda
ISBN 978-1-84685-565-8
Rs. 250/-



P U B L I C A T I O N S

K A I V A L Y A D H A M A

Yoga Text & Reference Books

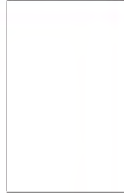
Abstracts And Bibliography of Articles on Yoga (Part I)

Edited by
Dr. M. V. Bhole
A compilation of
abstracts of the
articles published
in Yoga-Mīmāṃsā of
Kaivalyadhama up to December 1984
ISBN 818948501-6
Rs.60/-



Abstracts And Bibliography of Articles on Yoga (Part II)

Edited by Swami
Maheshananda,
Dr. T. K. Bera
A compilation of
abstracts of the
articles published
in Yoga-Mīmāṃsā of
Kaivalyadhama up to December 1998
ISBN 818948502-4
Rs. 101/-



YOGA KOŚA

(The New Enlarged
Edition)
by
PHILOSOPHICO-
LITERARY
RESEARCH
DEPARTMENT
This Kośa contains
3000 words, from 37 traditional texts on
Yoga explained with comprehensive
information based on reference to the context.
ISBN 8189485296
Rs. 250/-



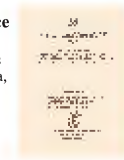
Yoga Concordance Vol I

Based on Five
Haṭha Texts
(Gheraṇḍa Saṃhitā,
Gorakṣa Śatakam,
Haṭhapradīpikā,
Śiva Saṃhitā And
Siddha-Siddhānta
Paddhati) (Sanskrit)
Edited by Swami Maheshananda,
Dr. B.R.Sharma, Shri G. S. Sahay
& Shri R. K. Bodhe
ISBN 81-89485-31-8
Rs. 350/-



Yoga Concordance Vol II

Based on Haṭha Texts
(Amarauḡha Prabodha,
Amanaskayoga,
Gorakṣa Paddhati,
Haṭha Ratnāvali,
Saṭkarmasaṅgrahaḥ,
Śiva Svarodaya,
Yoga Bīja, Yogamārtanḡḡa, Yoga Rasāyana,
Yoga Viśaya, Yogayājñavalkya) (Sanskrit)
Edited by Swami Maheshananda,
Dr. B.R.Sharma, Shri G. S. Sahay
& Shri R. K. Bodhe
ISBN-81-89485-32-6
Rs. 350/-



Yoga Concordance Vol III

Based on Haṭha Texts
(Bṛhadhyogī-
yājñavalkya-smṛti,
Jyotsnā on Haṭha
Pradīpikā,
Vasiṣṭhasaṃhitā
(Yogakāṇḡḡa), Yoga Śāstra of Dattātreyā
and Yogatārāvalī) (Sanskrit)
Edited by Swami Maheshananda,
Dr. B.R.Sharma, Shri G. S. Sahay
& Shri R. K. Bodhe
ISBN-81-89485-33-4
Rs. 400/-



Swāmi Hariharānanda Āraṇyas

Yoga Kārikā
(With YogaSūtras,
Transliteration
English Translation
& Special Notes) by
Swami Maheshananda,
Dr. B.R.Sharma,
Shri G. S. Sahay & Shri R. K. Bodhe
ISBN - 81-89485-50-4
Rs. 200/-



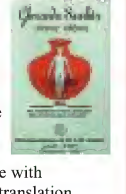
HAṬHA PRADĪPĪKĀ OF SVĀTMĀRĀMA

(English/Hindi)
by Swami Digambarji
&
Raghunathshastrī
Kokajē
An important
Traditional Text of Haṭhayoga, first time
critically edited and published with five
chapters based on the study of more than
100 Mss.
ISBN - 8189485121
Eng. Rs. 150/- Hindi Rs. 250/-



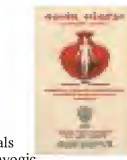
GHĒRĀṆḡA SĀMḢITĀ

by Swami Digambarji
and Dr. M. L. Gharote
An important text of
Haṭhayoga critically
edited for the first time with
Introduction. English translation,
Illustrations of Yogic Practices,
notes and appendices.
ISBN 8190280333
Rs. 150/-



GHĒRĀṆḡA SĀMḢITĀ

(Tamil) This is one
of the most important
Traditional and
practical Yoga Manuals
describing 102 Haṭhayogic
practices for body-mind
complex known by the term Ghata
in the text. For the first time its
Tamil translation has been published
by Kaivalyadhama.
ISBN - 81-89485-43-1
Rs. 150/-



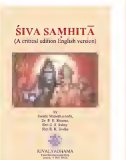
ŚIVA SĀMḢITĀ

(A critical edition)
by Swami
Maheshananda,
Dr. B. R. Sharma,
Shri G. S. Sahay,
Shri R. K. Bodhe
An important text
of Haṭha yoga
critically edited for the first time based on
13 Mss and 3 published books with
introduction, Hindi translation, notes,
appendices etc.
ISBN - 81-89485- 23-7
Rs. 275/-



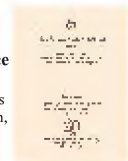
ŚIVA SĀMḢITĀ

(A critical edition
English version)
by Swami
Maheshananda,
Dr. B. R. Sharma, Shri G. S. Sahay,
Shri R. K. Bodhe
ISBN 81-89485- 23-7
Rs. 275/-



Yoga Concordance Vol IV

Based on Haṭha Texts
(Amarauḡha Śāsanam,
Bindu Yoga,
Bṛhadhyoga Sopāna,
Haṭhayoga Saṃhitā,
Ṣaṭcakra Nirūpaṇa)
(Sanskrit) Edited by
Swami Maheshananda, Dr. B.R.Sharma,
Shri G. S. Sahay & Shri R. K. Bodhe
ISBN-81-89485-34-2
Rs. 400/-



Yoga Concordance Vol V-VI

Based on Twenty
Yogopaniṣads
(Sanskrit) Edited by
Swami Maheshananda, Dr. B.R.Sharma,
Shri G. S. Sahay & Shri R. K. Bodhe
ISBN-81-89485-38-5
Rs. 400/-



Yoga Concordance Vol VII

Based on Pātāñjala
Yoga Sūtra, Vyāsa
Bhāṣya, Yogadīpikā
Vṛtti of Bhāvāḡaṇeṣa
and Padacandrikā
of Ananta Paṇḡita
(Sanskrit)
Edited by
Swami Maheshananda, Dr. B.R.Sharma,
Shri G. S. Sahay & Shri R. K. Bodhe
ISBN-81-89485-38-5
Rs. 400/-



VASIṢṬHA SĀMḢITĀ

(Eng. & Hindi
Revised editions)
by Swami
Maheshananda,
Dr. B.R.Sharma,
Shri G. S. Sahay
& Shri R. K. Bodhe
Critically edited with Introduction,
Hindi Translation and Notes etc.
ISBN - 818948527-X
Rs. 200/-



GORAKṢA- ŚATAKAM

(English)
by Swami
Kuvālayananda
& Dr. S. A.Shukla
This is a reprint
version with two
missing verses of the first print
have been included in this edition.
ISBN - 81-89485 - 44-X
Rs. 75 -/-



Bṛhadhyogiyājñā- valkyasmṛti

by
Dr. M. L. Gharote
and
Dr. V. A. Bedekar
English
Translation
of the original
Sanskrit edition for the first time.
ISBN - 8189485075
Eng. Rs. 200/-, Sanskrit - Rs. 350/-



DESCRIPTIVE CATALOGUE OF YOGA MANUSCRIPTS (updated)

by
PHILOSOPHICO-
LITERARY
RESEARCH DEPARTMENT
This work helps the researchers / Yoga
lovers to locate unpublished Yoga
Manuscripts with their precise information
about the title, author and places of deposit
with necessary particulars.
ISBN 8189485350
Rs. 300/-



HAṬHA PRADĪPĪKĀ JYOTSNĀ OF BRAHMĀNANDA

(Hindi) by Swami
Maheshananda,
Dr. B. R. Sharma,
Shri G. S. Sahay,
Shri R. K. Bodhe
An important Traditional Sanskrit
Commentary on Haṭhapradīpikā, first time
critically edited with exhaustive introduction,
Hindi Translation, Notes etc. based on 13 Mss.
ISBN - 818948513-X
Rs. 250/-



JOGA- PRADĪPYAKA

(English)
Edited by Swami
Maheshananda,
Dr. B.R.Sharma,
Shri G. S. Sahay
& Shri R. K. Bodhe
Important yoga
treatise in Hindi dialect critically edited
for the first time with exhaustive
introduction that provides rich and
authentic source material as well.
ISBN - 8189485-45-8
Rs. 225/-



Glossary of Sāṅkhyakārikā

by Swami
Digambarji,
Dr. Mahajot Sahay
and
Dr. M. L. Gharote
A scholarly work
which explores the comprehensive
understanding of technical terms
used in Sāṅkhyā philosophy.
ISBN 818948510-5
Rs. 30/-



‘आयुर्वेद सूत्राणि अथवा चरकसारम्’ ‘आयुर्वेद सूत्र अथवा चरकसार’

द्वारा
चरकतीर्थ पू. स्वामी दिगम्बर जी
अनुवाद एवं व्याख्या श्री राम रतन शास्त्री
ISBN 81-89485-39-3
Rs. 60/-



VISION AND WISDOM

Letters of
Swami
Kuvālayananda -
A man rich in
wisdom and broad
in vision that can be
seen in his correspondence - with
eminent personalities like Mahatma
Gandhi, Pt. Jawaharlal Nehru and others.
ISBN 8189485288
Rs. 80/-

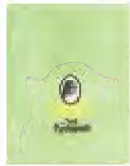


P U B L I C A T I O N S

K A I V A L Y A A D H A M A

Souvenir - Proceedings

Swami Kuvalayananda Birth Centenary Souvenir
Consists of articles on Swami Kuvalayananda
ISBN 81-902803-8-4
Rs. 30/-



Proceedings
Selected papers presented at the 1st International Conference 'YOGA, EDUCATION & RESEARCH'
ISBN 81-89485-21-0
Rs. 90.00/-



Selected Papers of 1st International Conference
Rs. 150/-



Selected Papers of the 4th International Conference on Yoga, Research and Value Education
Consists articles of repute on yoga by eminent scholars and Yoga sadhakas who have presented their papers in the conference.
Rs. 120/-



SOUVENIR
4th International Conference 2002
Contains Scientific and Literary Research articles on Yoga
ISBN 81-902803-7-6
Rs. 100/-



SOUVENIR
5th International Conference, 2006
Contains articles on Value Education and Yoga by eminent authors.
Rs. 120/-



Yoga Therapy

Yogic Therapy
Its Basic Principles and Methods
by Swami Kuvalayananda & Dr. Vinekar
ISBN - 81-89485-49-0
Rs. 200/-



Yoga Therapy For Selected Diseases
by M. M. Gore
Dr. D. R. Vaze
Dr. S. A. Kulkarni
Dr. J. P. Oak
ISBN - 81-89485-49-0
Rs. 55/-



Living with Stress without Distress through Yoga (English)
Notes by Dr. Shrikrishna
Stress Management : Modern and yogic perspectives
Notes by Dr. M. V. Rajapurkar
ISBN 81-89485-15-6
Rs. 50/-



Notes on Stress
Compiled by Ravi Dixit
Rs. 150/-



Notes on Heart Care
Compiled by Paramananda Aggrawal
Rs. 105/-



Notes on Bronchial Asthma And Respiratory Disorders
Compiled by Paramananda Aggrawal
Rs. 150/-



Back - Care Through Yoga
Compiled by Paramananda Aggrawal
Rs. 140/-



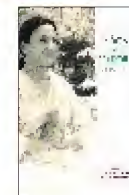
Diabetes & Its Management
Compiled by Paramananda Aggrawal
Rs. 125/-



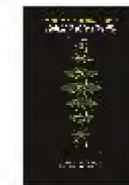
New Horizons in Yoga
by Ravi Dixit
Rs. 105/- & Rs. 225/-



Yoga For Seniors
by Ravi Dixit
Rs. 250/-



Swadhyaya and Yog Therapy
Vedic Physiology and Anatomy
by Dr. D. R. Vaze
Eng. & Hindi Rs. 175/-



P U B L I C A T I O N S

K A I V A L Y A D H A M A

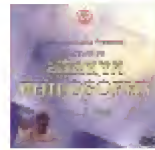
Lectures on
Concept of Kundalini
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



Lectures on
Śrīmad Bhagwad Gītā
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



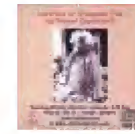
Lectures on
Sāṅkhya Philosophy
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



Lectures on
Gīta & Yoga
- Swami Anubhavananda
- VCD
Rs. 125/-



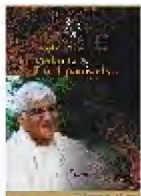
Lectures on
Bhagwad Gītā
by Swami Digambarji
- VCD
Rs. 125/-



Talk on
"Physiological Explanations of Patanjali's Yoga Sutra on Pranayama"
by Shri Dr. D. R. Vaze,
Senior Medical Consultant
- VCD
Rs. 125/-



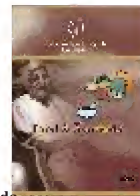
Lectures on
Vedānta & The Upanishadas
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



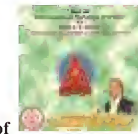
Documentary of Kaivalyadhama - DVD
A brief history of Kaivalyadhama and its journey and contribution in the field of yoga since 1924 i.e. the year of its inception has been presented in this Documentary. A picturesque glimpse of historical record is the most important feature of this audio-visual CD Rs. 200 /-



Lectures on
Food & Ayurveda
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



Talk on
"Prerequisites of Hathyogic Practices"
by Shri G. S. Sahay,
Research Officer,
Philosophico Literary Research Dept.
Kaivalyadhama
- VCD :
Rs. 125/-



PRĀṆĀYĀMA SĀDHANĀ ŚIBIR
19th to 26th January, 2002
Various Schools of Yoga
by Shri G. S. Sahay, Research Officer,
Philosophico Literary Research Dept.
Kaivalyadhama
- VCD
Rs. 125/-



Lectures on
PRĀṆĀYĀMA SĀDHANĀ ŚIBIR Āhāra (Food) in Indian Perspective
by Dr. B. R. Sharma
Asst. Director of Research,
Philosophico Literary Research Dept.
Kaivalyadhama
- VCD
Rs. 125/-



Lectures on
Hathapradīpikā Session - 1 + 2
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



Lectures on
The History of Yoga
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



Lectures on
Kriyas & Prāṇāyāma
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



PRĀṆĀYĀMA SĀDHANĀ ŚIBIR
19th to 26th January, 2002
Practical session and discourses on Pranayama
by Shri O. P. Tiwari,
Secretary, Kaivalyadhama
- VCD
Rs. 125/-



Talk on
"Yoga & Value Education"
by Shri R. K. Bodhe,
Research Officer,
Philosophico Literary Research Dept.
- VCD
Rs. 125/-



Talk on
"Breathing Awareness in Yoga"
by Shri R. S. Bhogal,
Principal, G. S. College of Yoga & Cultural Synthesis
- VCD
Rs. 125/-



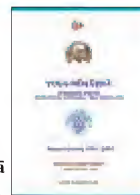
Lectures on
Patañjali
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



Lectures on
The Yamas & Niyamas
by O. P. Tiwari,
Secretary, Kaivalyadhama
DVD
Rs. 200/-



Yoga Mīmāṃsā
Research Journal
Vol. 1 to Vol. 35
1924 - 2004
- CD
Rs. 520/-



Talk on
"PRĀṆĀYĀMA"
by Dr. Samprasad Vinod
- VCD
Rs. 125/-



Talk on
ĀSANA & PHYSICAL EXERCISE"
AN OVERVIEW
by Dr. S. K. Ganguly,
- VCD No. 1 & VCD No. 2
Rs. 250/-



Deep Within Meditative Sitar
by Ustad Usman Khan
- VCD
Rs. 150/-



A U D I O V I D E O

K A I V A L Y A D H A M A



Gāyatrī Rumāl
Rs. 104/- (Silk)
Rs. 62/- (Synthetic)

**Materials for
Cleansing Processes -**
Vastra Dhauti Rs. 30/-
Daṇḍa Dhauti Rs. 30/-
Jala-Neti Pot Rs. 40/80/-
Rubber Neti Rs. 8/-



T-Shirt with Collar
Rs. 230/-



T-Shirt Round-neck
Rs. 150/-



YOGA-MĪMĀMSĀ

A Quarterly Research Journal

Devoted to Scientific and Philosophico - Literary Research in Yoga

SUBSCRIPTION RATES:

Subscription	Rate in India	Rate in Abroad
Annual	Rs. 250/-	US \$ 40 by Air Mail
Life 20 (Yrs.)	Rs. 3500/-	US \$ 500 Air Mail
Single Copy	70/-	US \$ 15 Air Mail

Bank Draft should be drawn in favour of The Secretary, Yoga-Mīmāṃsā, India
OR

Payment can be made by

Electronic Transfer in our Bank Accounts as below -

- A) Syndicate Bank A/c No. 53262160000023
in favour of Yoga Mimamsa
- B) State Bank of India A/c No. 10762401525
in favour of Kaivalyadhama Ashram.



KhamWorld

Newsletter bi-monthly

Period of Subscription Rates of Subscription

1 Year	Rs. 150/-
2 Years	Rs. 200/-
3 Years	Rs. 400/-
5 Years	Rs. 1000/-
Life Membership	Rs. 2500/-



A C C E S S O R I E S

P E R I O D I C A L S